

### WHAT IS CLAIMED IS

1. A running shoe traction system oriented in a normal plane comprising a lightweight forefoot region constructed of a relatively inflexible material having multiple spikes; a lightweight heel region constructed of a relatively inflexible material having multiple spikes; a flexible linkage made of a springy material between the forefoot region and the heel region that allows the forefoot region and the heel region to be flexed relative to each other at least 45 degrees from the normal plane without damaging or permanently deforming the system; and a strap or harness attachment adapted to secure the traction system to a running shoe.
2. The running shoe traction system of claim 1 wherein the forefoot region and the heel region comprise a plastic.
3. The running shoe traction system of claim 1 wherein forefoot region and the heel region flex relative to each other at least 90 degrees from the normal plane without damaging or permanently deforming the system.
4. The running shoe traction system of claim 1 wherein the strap or harness attachment allows the system to be quickly attached and removed from a running shoe.
5. The running shoe traction system of claim 1 wherein the system has a weight 0.7 pounds or less per foot unit.

6. The running shoe traction system of claim 1 wherein the flexible linkage comprises a multi-layered extender bar.